

COMPHIBGRU THREE INSTRUCTION 6110.1G

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Subj: PHYSICAL READINESS PROGRAM

Ref: (a) OPNAVINST 6110.1G
(b) NAVADMIN 063/00
(c) MCO 6100.3J W/CH 1-3
(d) MCO 6100.10B W/CH 1-4

1. Purpose. To establish a Commander, Amphibious Group THREE culture of fitness that promotes physical conditioning and commitment to a healthy lifestyle. To integrate physical readiness activities into the work week in the same manner applied to meeting other mission and operation requirements.

2. Cancellation. COMPHIBGRUTHREEINST 6110.1F.

3. Scope of Revision. This instruction has been revised in its entirety and should be completely reviewed.

4. Background. Significant change to reference (a), the Navy's Physical Readiness Program, is made by reference (b). Marines comply with references (c) and (d). Navy changes stress individual fitness rather than a pass/fail mentality and include elevated PRT standards.

5. Policy. Every member shall participate in a regular, well-rounded physical fitness program and two semi-annual physical fitness assessments (PFA-Navy) or physical fitness test (PFT-Marine Corps). The Navy PFA consists of body composition assessment and physical readiness test (PFT). All staff personnel must comply with applicable portions of references (a) through (d).

a. All Navy/Marine Corps Personnel, regardless of age, shall participate in their appropriate semi-annual PFA or PFT.

b. Members age 50 and over are required to participate in the entire PFA/PFT. Medical clearance will be required for all members over 50, who have not successfully completed a PRT in the last 12 months. PRT must have been in conjunction with a command PRT and been documented.

c. Doing "Just good enough" on the PFA to pass requires participation in a Command Directed Fitness Enhancement Program (FEP). Doing "Just good enough" includes:

(1) Males: Body fat percentage of 22% (23% for over 40), except when scores of "Good-Low" or better is achieved on all PFA events.

(2) Females: Body fat percentage of 33% (34% for over 40), except when scores of "Good-Low" or better is achieved on all PFT events.

(3) Members scoring "Satisfactory-Marginal" on any PFT event.

6. Action.

a. The Chief of Staff shall:

(1) Lead an active Physical Readiness Program.

(2) Establish a Command-Directed Fitness Enhancement Program.

(3) Appoint a Command Fitness Leader (CFL).

(4) Ensure CLF uses revised risk factor screening to determine all members' risk.

(5) Monitor the Physical Readiness Program to ensure compliance with applicable references.

(6) Ensure Fitness Report or Evaluations have entered the most recent PFA results and record the mandatory performance mark and promotion/advancement recommendation when required.

(7) Direct all members who score "Satisfactory Marginal" or below and who cannot meet body composition requirements to participate in the command directed FEP.

(8) Grant special recognition, 96 hour liberty, to staff members who achieve "Outstanding-Low" or above on the PFT.

b. Assistant Chiefs of Staff (ACOS's) shall:

(1) Ensure their personnel regularly participate in organized physical training sessions.

(2) Ensure all personnel assigned to FEP participate in all aspects of their program.

c. Command Fitness Leader shall:

(1) Administer the Command Physical Readiness Program as defined in references (a) and (b) for Navy personnel and references (c) and (d) for Marines.

(2) Advise the Chain of Command on all Physical Readiness Program matters, particularly about members who require assistance in meeting and maintaining standards.

(3) Report to the Safety Officer (N8) all Physical Readiness Program related injuries.

(4) Ensure newly reporting staff personnel have a Health Risk Factor/PRT Results folder or obtain members folder for last duty station. Newly reporting PCS personnel should be tested no sooner than 12 weeks, but no later than 6 months after reporting.

(5) Prepare the Command Physical Readiness Test Summary (OPNAV 6110/1) for the Chief of Staff per reference (a) and submit to BUPERS N64 by 30 September of each year.

d. The ACOS for Administration (N1) shall ensure compliance with the administrative aspects of references (a) through (d).

J. H. BOWLING
Chief of Staff
Acting

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